



NCARNG Weekly Safety Newsletter



March 13, 2015

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For more information
Visit us at [NCGKO](#)
(CAC Login)



For more Safety
information visit
[US ARMY
SAFETY CENTER](#)



POISON PERIL

**Poisonings are more
common – and more
deadly – than you realize**

**POISON
Help**
1-800-222-1222

The following tips can help you protect yourself and your loved ones from poisonings:

General Safety Tips

- Use National Poison Prevention Week as the time to inspect your entire home for any medicines or household products, that may not be stored properly. Always store medicines and household products up high, away and out of sight from children.
- Install safety latches on cabinets used for medicines and household products.
- Re-close medicines and other household products if interrupted during use. Many incidents happen when adults are distracted when using these products
- Buy products in child-resistant packaging whenever possible.
- Read medicine and product labels before each use and follow directions exactly.
- Keep the toll-free Poison Help number, **1-800-222-1222**, near your phone, or program **1-800-222-1222** into your home and mobile phone.

Household Product Safety

- Keep cleaning products in their original container with their original label intact.
- Always close all household cleaning product containers immediately after use and store them out of children's reach.
- NEVER use food containers such as cups or bottles to store household and chemical products.
- Remove children, pets, and toys before applying pesticides
- To protect children from exposure to mouse/rat/insect poison, use products with a tamper-resistant bait station.
- Regularly clean floors, window sills, and other surfaces to reduce possible exposure to lead and pesticide residues.
- Never combine household cleaning products because some chemical mixtures may release irritating gases.
- Turn on fans and open windows when using household cleaners and chemicals.
- Keep batteries out of a child's reach. Contact the poison center right away if a child swallows a battery no matter how small the battery. Properly dispose of old batteries after they have been removed from an appliance.

**For more information visit www.poisonprevention.org

March 15-21 is National Poison Prevention week. Poisoning is now the leading cause of death from injuries in the United States. It was noted that in 2008, the number of poisoning deaths exceeded the number of motor vehicle traffic deaths for the first time since at least 1980. A poison is any substance that can harm someone if it is used in the **wrong** way, by the **wrong** person or in the **wrong** amount.

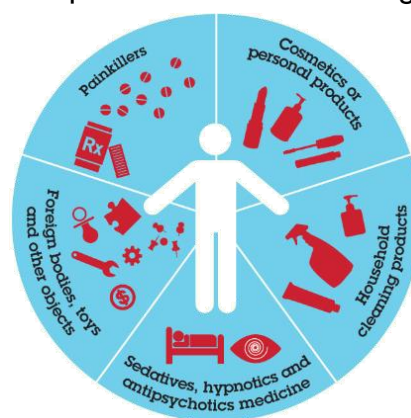
How Common is Poisoning?



Who's at Risk?



Top 5 Causes of Poisoning





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Prevent Unintentional Drug Overdoses



More and more Americans are turning to prescription and over-the-counter medications for pain relief. These medications are easily accessible. They can make recovery from surgery less painful as well as ease many ailments from a chronic sore back to a cough and cold.

However, overdoses of prescription medicine are on the rise. Most fatal unintentional overdoses result from pain relief medications also known as opioid analgesics. Opioids include: oxycodone, methadone, hydrocodone, fentanyl and buprenorphine. Mixing prescription pain medication with alcohol and/or over-the-counter pain medications can also result in a fatal unintentional overdose.

- Among people 35 to 54 years old, unintentional drug overdoses cause more deaths than motor vehicle crashes and is the leading cause of death in seven States.
- More than 70 percent of people who abused prescription pain relievers report getting them from friends or relatives.
- Although males are more likely to die from an unintentional drug overdose, female rates have nearly tripled since 1999 (Centers for Disease Control and Prevention).
- In addition to the risk of overdose, over-the-counter, prescription medications and illicit drugs, can affect a person's ability to safely drive a motor vehicle or operate machinery.

Prevent unintentional drug overdoses:

- Use medications only as directed by your physician.
- Always follow the recommended dosage prescribed by your physician.
- Keep medications in their original container.
- Don't share prescribed medications.
- Don't drink alcohol while on medication.
- Properly dispose of any unused or expired medications.
- Talk with your physician or pharmacist for possible drug interactions.
- Never mix prescription, over-the-counter drugs and supplements as they may cause mild to severe reactions including death. Keep a record of the medications and supplements you are currently taking, including over-the-counter and supplements.

One person dies every **19 MINUTES** from drug overdose in the United States and this increasing trend is driven by Rx painkillers.

Opioid pain relievers are responsible for more overdose deaths than cocaine and heroin combined.

Share this to help #EndMedicineAbuse.

Published by The Partnership at Drugfree.org. Visit [MedicineAbuseProject.org](#) for more details.

Treatment

- Every second counts. If you suspect someone may have overdosed, **call 9-1-1 immediately**. Although they may look as if they are sleeping, they may actually be unconscious. After calling 9-1-1, move the person into the recovery position and be prepared for CPR.
- Sometimes, if not used correctly or not used as prescribed, use of pain killers can lead to drug dependency and misuse. If you or someone you know needs help for substance abuse problems call **1-800-662-HELP** or talk to a physician.

**For more information visit [www.nsc.org](#)

